Monday, October 21, 2013 metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

TORONTO metro®

AND THE HITS JUST KEEP ON COMIN' WITH THIS GUY

RAPTORS FORWARD TYLER HANSBROUGH IS TURNING HEADS WITH HIS PHYSICAL PLAY AND WORK ETHIC

PAGE 25

Get me to the Games on time

Planners for the 2015 Pan Am and Parapan American Games are looking at ways to keep T.O. transit moving and area residents happy during the big events PAGE 3

Can we get some relief over here?

Contrary to popular belief, a Commuter Relief Line would most benefit suburbanites, not downtown dwellers, says Metro's columnist PAGE 10

Twenty years later, still CrazySexyCool

TLC's surviving members say it was 'very weird' to see their rise to fame chronicled in VH1's first biopic in nearly a decade PAGE 14

NEWS WORTH SHARING.

Dust-up billowing over legal grow-op

Police called by both sides. Landlord seeking eviction accuses tenants of $24,000 damage

A Toronto landlord says he's at the end of his rope trying to evict a couple who caused more than $24,000 damage with a legal marijuana grow-op at his Etobicoke apartment.

But the tenants in this year-long battle are appealing the ruling of a provincial tribunal that determined they caused the damage and say it already existed before they moved in the year before. They accuse the landlord of using their federally authorized grow-op in a converted second bedroom as an excuse to renovate the dilapidated apartment, and have them pay for it.

"There is no damage," said tenant Rebecca Rochon. "The only damage is from the ceiling because there is a hole in the roof. We're packing up to move. We've had enough of him."

When Torstar News Service recently visited the second-floor apartment on the Queensway near Islington Avenue, it was home to three dozen marijuana plants at various stages of growth.

"I am financially and emotionally drained," landlord Shiv Bhardwaj said in an interview with Torstar News Service.

Tenant Rochon, 35, has a federal licence to grow 39 marijuana plants to help manage a form of muscular disease. Her partner and fellow tenant, Henry Walburg, 46, a motorcycle-driving former rooming-house operator, has a permit to grow 15 plants to quell pain from two "blown-out knees" and severe arthritis. Rochon is also allowed to store up to 1,755 grams of dried marijuana and her common-law husband 675 grams. Both receive Ontario Disability Support Payments, more than $2,000 between them.

A recent exchange at the door between landlord Bhardwaj and Rochon led to a spate of profanity levelled at each other. Bhardwaj has been warned by police not to go back to the premises pending the resolution of the issue in the courts. TORSTAR NEWS SERVICE

New law coming

Landlord Shiv Bhardwaj said a new federal law that, beginning April 1, will make it illegal to grow medical marijuana at home can't come soon enough. The new rule will require users of medical marijuana to purchase the drug from a licensed provider.

- There are 37,000 Canadians with permits to use or grow medical marijuana, up from 500 in 2001.

SHE'S LIKE THE WIND

Ontario's Lanni Marchant celebrates after setting a new Canadian record at the Toronto Waterfront Marathon on Sunday, with a time of 2:27:59. Story, page 4. FRANK GUNN/THE CANADIAN PRESS

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Taxes payable on full amount of purchase price. †Until December 2, 2013, receive $500/ $750/ $1,000/ $1,250/ $1,500/ $1,750/ $2,000/ $2,250/ $2,500/ $2,750/ $3,000/ $3,500/ $3,750/ $4,000/ $4,250/ $4,750/ $5,500/ $5,750/ $6,500/ $6,750/ $7,500/ $8,000/ $8,250/ $8,500/ $9,250/ $9,500 in Manufacturer Rebates with the purchase or lease of a new 2013 [Focus (excluding S and BEV)], 2014 [Escape 1.6L] / 2013 [Fusion (excluding S)], 2014 [Focus S, Taurus SE, Escape S, F-150 Regular Cab XL 4x2 (Value Leader)] / 2014 [Focus BEV, Transit Connect (excluding Electric), E-Series] / 2013 [C-Max], 2014 [Escape 2.0L] / 2013 [E-Series] 2014 [Mustang V6 Coupe] / 2013 [Fiesta S, Mustang V6 Coupe, Edge AWD (excluding SE), F-150 Regular Cab XL 4x2 (Value Leader), F-350 to F-550 Chassis Cabs)] 2014 [F-350 to F-550 Chassis Cabs)] 2013 [Explorer Base] / 2014 [Taurus (excluding SE)] 2013 [Edge FWD (excluding SE)] 2013 [Flex] 2013 [Mustang V6 Premium, Explorer (excluding Base)] 2014 [Mustang V6 Premium]/ 2013 [Taurus SE, Escape 1.6L, Transit Connect (excluding Electric)]/ 2014 [Mustang GT, Escape 2.0L]/2013 [Expedition, F-150 Regular Cab (excluding XL 4x2)]/ 2014 [F-150 Regular Cab (excluding XL 4x2)]/ 2014 [F-250 to F-550 Super Cab and Super Crew]/ 2013 [F-250 to F-450 Gas Engine (excluding Chassis Cab)]/ 2013 [Focus BEV]/ 2013 [F-150 Regular Cab (excluding XL 4x2)]/ 2014 [F-250 to F-450 Gas Engine (excluding Chassis Cab)]/ 2014 [F-150 Super Cab and Super Crew]/ 2013 [F-250 to F-450 Diesel (excluding Chassis Cab)]/ 2014 [F-250 to F-450 Diesel (excluding Chassis Cab)] 2014 [F-150 Raptor, SVT Raptor] 2013 [F-150 Raptor, SVT Raptor] 2014 [Transit Connect Wagon] 2013 [Transit Connect Wagon] 2014 [Transit 350, 350 HD] 2013 [Transit 350, 350 HD] 2014 [Transit Chassis Cab] 2013 [Transit Chassis Cab] 2014 [E-Series] 2013 [E-Series] 2014 [Transit Connect Wagon XLT] 2013 [Transit Connect Wagon XLT] 2014 [Transit 350 HD DRW] 2013 [Transit 350 HD DRW] 2014 [Transit Cutaway] 2013 [Transit Cutaway] 2014 [Transit Connect Van] 2013 [Transit Connect Van] 2014 [Transit 350 HD Chassis Cab] 2013 [Transit 350 HD Chassis Cab] 2014 [Transit 350 HD RWB] 2013 [Transit 350 HD RWB] 2014 [Transit 350 HD Cutaway] 2013 [Transit 350 HD Cutaway] 2014 [Transit 350 HD Chassis Cab DRW] 2013 [Transit 350 HD Chassis Cab DRW] 2014 [Transit 350 HD Cutaway DRW] 2013 [Transit 350 HD Cutaway DRW] 2014 [Transit 350 HD RWB DRW] 2013 [Transit 350 HD RWB DRW] 2014 [Transit 350 HD Chassis Cab RWB] 2013 [Transit 350 HD Chassis Cab RWB] 2014 [Transit 350 HD Cutaway RWB] 2013 [Transit 350 HD Cutaway RWB] 2014 [Transit 350 HD Chassis Cab DRW RWB] 2013 [Transit 350 HD Chassis Cab DRW RWB] 2014 [Transit 350 HD Cutaway DRW RWB] 2013 [Transit 350 HD Cutaway DRW RWB] 2014 [Transit Connect Van XLT] 2013 [Transit Connect Van XLT] 2014 [Transit Connect Wagon LWB] 2013 [Transit Connect Wagon LWB] 2014 [Transit Connect Van LWB] 2013 [Transit Connect Van LWB] 2014 [Transit Connect Van XLT LWB] 2013 [Transit Connect Van XLT LWB] 2014 [Transit Connect Wagon XLT LWB] 2013 [Transit Connect Wagon XLT LWB] 2014 [Transit Connect Van XLT LWB with Rear Liftgate] 2013 [Transit Connect Van XLT LWB with Rear Liftgate] 2014 [Transit Connect Wagon XLT LWB with Rear Liftgate] 2013 [Transit Connect Wagon XLT LWB with Rear Liftgate] 2014 [Transit Connect Van XLT LWB with Rear Liftgate and Sliding Door] 2013 [Transit Connect Van XLT LWB with Rear Liftgate and Sliding Door] 2014 [Transit Connect Wagon XLT LWB with Rear Liftgate and Sliding Door] 2013 [Transit Connect Wagon XLT LWB with Rear Liftgate and Sliding Door

Downtown Windsor

Stabbing victim from Toronto

Police in Windsor, Ont., say a man killed in a downtown stabbing was a student at the city's university.

Police say 19-year-old Gautham (Kevin) Kugathasan came from Toronto to study and lived near the University of Windsor campus. They say he was one of six men stabbed when two groups got into a fight early Saturday. The five other men are expected to recover.

No charges have been laid but investigators say they expect to file them in the near future.

THE CANADIAN PRESS

Coxwell station

Man rescues threatened woman on TTC

A dramatic moment on a TTC bus, in which a 63-year-old man allegedly threatened a woman with a knife, ended on a happy note Friday night thanks to a passenger's heroic actions.

Louis McRae, 35, boarded the 22 bus near Coxwell station on Friday night around 7:30. He was walking to the back when he heard a man, apparently disturbed, yelling profanities in the front. He said he turned around and saw a man yelling at a woman in a wheelchair. "He started saying that he was going to kill her," said McRae. "That was enough for me to walk to her aid."

McRae said the man put the knife away and eventually got off the bus while McRae notified authorities.

TORSTAR NEWS SERVICE

Bargain-hunters play Frogger

Shoppers carry their purchases through the path of Toronto waterfront marathon runners on Sunday. Lines were thick with bargain hunters at an east-end warehouse for deals on movie props after production wrapped up on the final season of Nikita. The three-day liquidation sale is being handled by auctioneers Maynards.

STEVE RUSSELL/ TORSTAR NEWS SERVICE

Avoiding Pan-Am jam

2015 Games. Priority lanes of traffic among solutions organizers considering

Eight thousand athletes and coaches, 1,000 cars, 350 buses, 500 events and 21 venues across the GTA — it could all add up to one giant traffic jam.

That's why transportation planning for the Pan Am and Parapan American Games employs near military precision.

The Games must go on. But, so too, must the business of a teeming metropolis.

As well as getting athletes, coaches and media to the events, organizers want Toronto-area residents to celebrate the Games. That won't happen if ordinary folks can't go about their lives or enjoy the other summer activities the city offers during the July 10 to 26 Pan Ams and the Aug. 7 to 14 Parapan American Games.

"We recognize it's going to be a challenge. But we're confident," said Teresa Marando, director of transportation of the Pan/Parapan Am Games branch at the Ontario Transportation ministry.

She works with a group of 46 police, fire, transit and municipal agencies, including GO Transit and the TTC, to ensure spectators can get to events and commuters can get to work that summer.

"We're certainly aware that travel in the region is congested. We're looking at ways we can support the Games but make sure we keep the region moving," said Marando.

Public transit

Wherever possible, existing transit systems will be worked into the plans. Where the TTC might not have buses to help ferry spectators to the aquatic events at U of T Scarborough during rush hours, for example, there could be capacity in the off-peak.

Games vice-president of transportation Irene Kerr is responsible for ensuring athletes and media get to their venues on time.

"The Games are about the athletes and we want to be able to make sure that we get them in a reliable, safe manner to their competitions. They've been training their entire lives to come to an event such as this one and we want to make it the best experience possible for them," she said.

Kerr expects about 350 buses of varying sizes will be used to move athletes. They will, for example, travel from the airport in motor coaches rather than Toronto's coming UP Express train to Union Station.

Transit-style buses, vans and shuttles will move them from the athletes' village near the Distillery District, to their venues. As well, there will be 1,000 sponsor-supplied cars.

Measures being considered for Toronto-area roads include designating priority lanes, possibly converting HOV lanes to Games lanes during certain periods; prioritized traffic signals; restricted turns and reduced parking on some roads. TORSTAR NEWS SERVICE

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Canadian record smashed at Toronto waterfront marathon

Historic run. London's Lanni Marchant breaks 28-year-old national women's standard

Moments after Lanni Marchant crossed the finish line in Sunday's Scotiabank Toronto Waterfront Marathon, she hugged her mom, her teammate and Sylvia Ruegger — the same woman whose 28-year-old record Marchant had just broken by exactly 36 seconds.

"I'm in shock right now," Marchant said after the race, adding being greeted by Ruegger was "just awesome."

Marchant was barely three months old when Oshawa native Ruegger set the previous mark in 1985, running the Houston Marathon in two hours, 28 minutes and 36 seconds.

"Sylvia's such a legend to me and she's such a strong woman and a strong personality, and to take the record from her — I'm in awe," said Marchant, who is currently a practising criminal lawyer in Chattanooga, Tenn.

Ruegger told Torstar News Service that when she set the record back in 1985, she hoped it would inspire other young girls and women to pursue running, although she didn't think it would stand for so long.

Marchant's time of two hours and 28 minutes — good for third place in the elite women's field — was nearly four minutes faster than her personal best, set in 2011.

"I had no set game plan ... I just wanted to run as strong as I could until I couldn't anymore," Marchant said. "I'm just ecstatic."

Kenyan Flomina Cheyech won the women's race in just over two hours and 25 minutes. Ethiopian Sechale Adugna ran second.

Marchant, of London, Ont., collects $28,000 for beating Ruegger's time.

Breaking records

Sunday proved to be a day of record-breaking performances and close calls for the Toronto marathon.

- Deressa Chimsa won with the fastest marathon time ever on Canadian soil, crossing the finish line in two hours, seven minutes and five seconds. The previous record of two hours, seven minutes and 58 seconds was set by Kenneth Mungara in 2011, also at the Waterfront Marathon.

Eric Gillis of Antigonish, N.S., celebrates his standing as the top Canadian male in the Toronto Waterfront Marathon on Sunday. The two-time Canadian Olympian was on pace to beat the long-standing national men's record of two hours, 10 minutes and nine seconds, but Gillis slowed through the final kilometres, finishing in two hours, 11 minutes and 49 seconds.
DAVID VAN DYKE/METRO

At the world championships in Moscow this past summer, Marchant became the first woman since 2003 to represent Canada in a marathon. She placed 44th.

The day also looked promising for two-time Canadian Olympian Eric Gillis — he was on pace to beat the long-standing national men's record of two hours, 10 minutes and nine seconds, established by Jerome Drayton in 1975. But Gillis slowed through the final kilometres, finishing in two hours, 11 minutes and 49 seconds. TORSTAR NEWS SERVICE

Leukemia patient has potential match out there

Chris Taylor JESSICA SMITH/METRO

JESSICA SMITH
jessica.smith@metronews.ca

Right now, Chris Taylor's hero is anonymous. One person in about 15 million is his genetic match and may soon be his stem cell donor.

Taylor has leukemia and has been waiting for a stem cell donor for months in order to get the procedure he needs to save his life.

He got the call last week.

"It's preliminary news, so I can't go over the moon or anything just quite yet. It's a potential match," he said.

Metro published stories about Taylor when he decided to go to the media to encourage people to sign up as stem cell donors and when his friends organized a "swab party" to recruit potential donors at Grace O'Malley's, a bar in Toronto's entertainment district where Taylor is the general manager.

If, a year after the transplant, Taylor wants to contact his donor and his donor wants to contact him, they can meet. OneMatch, a division of Canadian Blood Services that oversees the stem cell donation program, will facilitate the contact.

"Some people would like to be an anonymous donor, but if I have the chance to thank them, in person, oh boy," said Taylor.

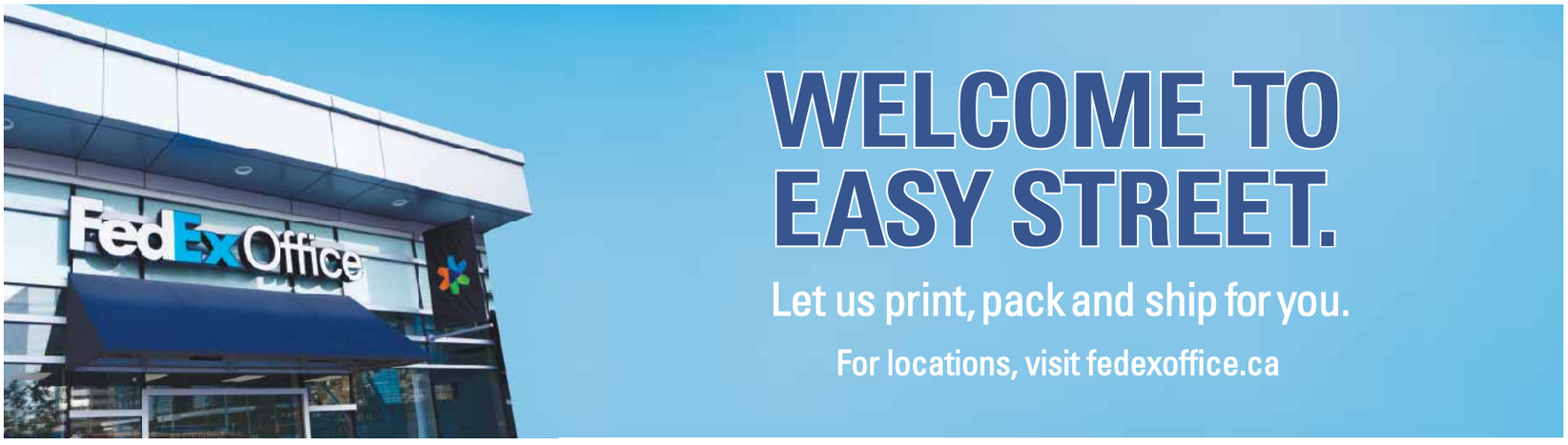
Taylor said he doesn't know exactly what to say about this person, but just his gratitude doesn't feel like enough. "They're my hero," he said. "That's it right there, they're my hero."

According to Dr. Hans Messner, Taylor's doctor and director of the clinical Bone Marrow Transplant program at St. Margaret's Hospital, it's a matter of days or weeks, not months, to find a match if there is one in the system.

If a patient is waiting for months, like Taylor, it could be that the matching donor has only just signed up.

"We have to be very proud of a situation where donors have come forward in a worldwide effort to make this feasible," he said. "It's a very important altruistic step donors take to help somebody, somewhere, who they don't know."

When a potential match has been found there are more steps to go through to confirm it, including checking to see if the person is healthy enough to donate and still willing to help, Messner said.



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385 killed in October

Violence on the rise in Iraq

A suicide bomber slammed his explosive-laden car Sunday night into a busy café in Iraq's capital, part of a day of violence across the country that killed 45 people, authorities said. The bombing at the café in Baghdad's primarily Shiite Amil neighbourhood happened as it was full of customers. The café and a nearby juice shop is a favourite hangout for young people, who filled the area at the time of the explosions. The blast killed 35 people and wounded 45, Iraqi officials said.

Violence has been on the rise in Iraq following a crackdown on a Sunni protest camp in the town of Hawijah in April. At least 385 have died in attacks this month. THE ASSOCIATED PRESS

Morsi supporters

Tensions flare up again in Egypt

Egyptian anti-riot police fired tear gas Sunday at hundreds of supporters of the country's ousted Islamist president, besieging them inside a prestigious Muslim institution after stone-hurling protesters cut off a main road.

Sunday's clashes marked the second day of unrest at Al-Azhar University, Sunni Islam's most prominent centre of learning.

Many supporters of ousted president Mohammed Morsi's Muslim Brotherhood are students at Al-Azhar, a stronghold of the group. The campus is also near where Islamists had a sprawling protest camp that security forces raided in August, leaving hundreds dead. THE ASSOCIATED PRESS

Source on Syrian war data biased: Opponents

Controversial. Rami Abdurrahman sees competing allegations of bias as evidence that he's fair

He's practically a one-man band, but Rami Abdurrahman's influence extends far beyond his small home in Coventry, England.

The 42-year-old operates the Syrian Observatory for Human Rights from his house and a review of recent media coverage suggests its tally of killings and clashes is the most frequently cited source for news organizations.

Abdurrahman says the Observatory relies on four unnamed activists in Syria and a network of monitors.

But some say his figures need scrutiny. Opponents say he is in cahoots with opposition forces bankrolled by Gulf Arab states, skewing casualty figures to keep the spotlight off rebel atrocities. Others say he's in league with the Syrian regime. THE ASSOCIATED PRESS

Fishy?

Suspicion surrounds self-exiled Syrian Rami Abdurrahman. Who's behind him? Who is he? Should world media rely on his reporting?

- "Something is going on which is quite fishy," said As'ad AbuKhalil, professor, California State.

Rami Abdurrahman at his modest home in Coventry, England, from where his Syrian Observatory for Human Rights keeps a controversial tally of killings and clashes in the Syrian war. RAPHAEL SATTER/THE ASSOCIATED PRESS

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Argentina's agro-boom — is it poisoning its people?

Agrochemicals.
Pesticides may be the cause of health problems — from cancer to birth defects — in the country's vast farm belt

Argentine farm worker Fabian Tomasi wasn't trained to use protection as he pumped pesticides into crop dusters. Now, at 47, he's a living skeleton.

Schoolteacher Andrea Druetta lives in a town where it's illegal to spray agrochemicals within 500 metres of homes, yet soy is planted just 30 metres from her back door. Recently, her boys were showered in chemicals while swimming in their backyard pool.

Sofia Gatica's search for answers after losing her newborn to kidney failure led to Argentina's first criminal convictions for illegal spraying last year. But 80 per cent of her neighbours' children surveyed carry pesticides in their blood.

American biotechnology has turned Argentina into the world's third-largest soy producer, but the chemicals powering the boom aren't confined to soy, cotton and corn fields. The Associated Press documented dozens of cases where these poisons are used in ways specifically banned by existing law.

Now doctors are warning that uncontrolled pesticide use could be the cause of growing health problems among the 12 million people who live in Argentina's vast farm belt.

"The change in how agriculture is produced has brought, frankly, a change in the profile of diseases," says Dr. Medardo Avila Vazquez. "We've gone from a pretty healthy population to one with a high rate of cancer, birth defects and illnesses seldom seen before."

Once known for its grass-fed beef, Argentina has undergone a transformation since 1996, when the U.S.-based Monsanto Company marketed a new model of higher crop yields and fewer pesticides through its patented seeds and chemicals.

In response to soaring complaints, President Cristina Fernandez ordered a commission in 2009 to study the impact of agrochemical spraying on health. Its initial report called for "systematic controls over concentrations of herbicides and their compounds."

Hospital records show birth defects quadrupled in the province of Chaco in the decade after genetically modified crops were approved. A medical team then surveyed 2,051 people in six towns, finding more disease wherever people are surrounded by farms.

In the farming village of Avia Terai, 31 per cent said a family member had cancer, compared with three per cent in the ranching village of Charadai. They also documented children with malformed skulls, exposed spinal cords and strange skin problems.

It may be impossible to prove a specific chemical caused an individual's illness. But doctors increasingly are calling for broader, longer-term and more independent research, saying governments should make the industry prove that the accumulated agricultural burden isn't making people sick.

THE ASSOCIATED PRESS

Former farm worker Fabian Tomasi shows the condition of his emaciated body as he stands inside his home in Basavilbaso, Argentina. Tomasi's job was to keep crop dusters flying by quickly filling their tanks, but he says he was never trained to handle pesticides.

Two-year-old Camila Veron, born with multiple organ problems and severely disabled, stands outside her home in Avia Terai, Argentina, on March 31. It's nearly impossible to prove that exposure to a specific chemical caused an individual's cancer or birth defect, but doctors say these cases merit a rigorous government investigation.

ALL PHOTOS NATACHA PISARENKO/THE ASSOCIATED PRESS

High rates of cancer

A house-to-house epidemiological study of 65,000 people in Santa Fe, Argentina, led by Dr. Damian Verzenassi at the National University of Rosario, found cancer rates two times to four times higher than the national average, as well as thyroid disorders, respiratory illnesses and other afflictions seldom seen before.

Five-year-old Aixa Cano, who has hairy moles all over her body that doctors can't explain, sits outside her home in Avia Terai, Argentina.

Spraying laws vary

23

Some of Argentina's 23 provinces ban spraying within three kilometres of populated areas; others say farmers can spray as close as 50 metres. About one-third set no limits, and rule-breakers are very rarely punished.

Chemicals in class

11

Teachers in Entre Rios began to file police complaints this year. They said sprayers failed to respect 50-metre limits at 18 schools, dousing 11 during class.

Birth defects

4

In Chaco, the nation's poorest province, children became four times more likely to be born with devastating birth defects in the decade since biotechnology dramatically expanded industrial agriculture.

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CN on best behaviour as it deals with derailment fallout: Experts

PR. Saturday's disaster in Gainford, Alta., was the company's third derailment involving hazardous goods in recent weeks

Emergency crews work at the scene of a train derailment near Gainford, Alta., on Sunday. JASON FRANSON/THE CANADIAN PRESS

CN Rail's strong and swift response to the derailment of a fuel-laden train in Alberta shows how anxious the company is to quell safety concerns as more dangerous goods travel by rail, experts said Sunday.

The railway company dispatched its top brass, led by chief operating officer Jim Vena, to handle the crisis after 13 cars carrying crude oil and liquefied petroleum gas came off the tracks and caught fire early Saturday in Gainford, west of Edmonton.

Within less than 24 hours, the company had publicly apologized for the disruption, while stressing the vast majority of its cargo arrives safely without incident.

"They have their COO out there, they've apologized, they're keeping everybody informed — that's all really good stuff," said Michael Davis, managing director of the Vancouver consulting firm Reputations.

"The reason is they're terrified they're going to pop up ... above the radar and all of a sudden they're going to start getting all this public pressure on the amount of oil products and petroleum products that are being shipped by rail."

CN's efforts may not be enough to counteract mounting safety concerns over hauling dangerous goods by rail, however, Davis said, pointing to last summer's disaster in Quebec involving another rail company.

"They have popped up onto the public radar because of Lac-Mégantic and then the other derailments over the last little while," he said.

No one was hurt in Saturday's derailment, but several cars leaked gas and burst into a giant fireball and roughly 100 residents were forced from their homes. THE CANADIAN PRESS

Quoted

"We see a business here that is really pulling out all the stops to defend its brand."

Kenneth Wong, a marketing expert at Queen's University, on CN Rail.

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New Brunswick

Shale-gas project opponents gather at First Nation

Hundreds of people gathered at a community hall in New Brunswick on Sunday to discuss their opposition of the development of a shale-gas sector in the province as their protest garnered support from a Manitoba grand chief.

Elsipogtog Chief Arren Sock said the meeting at New Brunswick's Elsipogtog First Nation was a chance for people in his community to tell their stories.

"It's just part of the healing process and I wanted that to begin," said Sock after the meeting, which drew about 300 community members and protesters and was closed to media.

Sock would not say if anything was decided during the meeting on how to proceed with the protest over shale-gas exploration.

"We just started the healing process and in the coming days I will have more information," he said.

Chief Derek Nepinak said the assembly chiefs in Manitoba sent him to New Brunswick to stand in solidarity with the community and protesters.

THE CANADIAN PRESS

Saskatoon

Hunters accidentally burned by police pepper spray

Saskatoon police are reviewing their training procedures with a type of pepper spray after several hunters were injured by the noxious gas during an exercise for officers outside the city.

The accident occurred on Thursday when eight to 10 civilians came into contact with OC Spray — causing what one described as "horrible burning" — at a firing range.

A witness blamed a shift in wind direction for pushing the spray toward the hunters.

"It just kind of wafted in from the wind, and right away everyone just started hacking and gagging," one of the hunters said.

Alyson Edwards, Saskatoon police director of public affairs, confirmed that the force is examining its practices at the range as a result.

"We've ordered a review of the incident, and we're also going to review how this training is organized to try and avoid things like this in the future."

Edwards noted that the injured hunters have received an apology.

METRO IN SASKATOON

Politics

Four ridings up for grabs in November byelections

The battle for opposition supremacy is on after Prime Minister Stephen Harper set Nov. 25 as the date for four federal byelections.

Harper called the byelections on Sunday for Toronto Centre, the Montreal riding of Bourassa, and the Manitoba ridings of Provencher and Brandon-Souris.

Toronto Centre and Bourassa are longtime Liberal strongholds, left vacant after the resignations of former interim leader Bob Rae and veteran MP Denis Coderre respectively. However, New Democrats are making a concerted effort to snatch the two ridings away.

The Manitoba ridings are longtime Conservative fiefdoms, left vacant after the retirement of former minister Vic Toews and backbencher Merv Tweed, and are widely expected to remain so.

But a raging controversy over the party's alleged interference in the choice of candidate in Brandon-Souris has angered some Tories and given the opposition parties some hope of scoring an upset. THE CANADIAN PRESS

Customers decide how to spend H&M's charity cash

Corporate responsibility. Fashion giant lets customers decide philanthropy with crowd-sourcing campaign

ELISABETH BRAW
Metro World News in London

Global corporations are discovering how to get customers involved with philanthropy through crowdsourcing.

H&M will announce an online poll that lets customers decide where the fashion chain's philanthropic arm should spend SEK 500 million (about $80 million).

"We felt that it was important to know what people consider vital," explains Helena Thybell, global manager for H&M Conscious Foundation.

"And it's a good way of creating engagement: what are people passionate about? There are lots of people around the world who really care and are concerned about the future of the planet."

Other consumer product giants such as Ford and Pepsi have already tried crowd-sourced philanthropy.

"It accomplishes the company's goal of making their customers aware of their CSR (corporate social responsibility)," notes Mari Kuraishi, co-founder and president of globalgiving.org, which connects people with causes that suit their taste.

"We think this is a great way to empower our staff and customers," H&M CEO Karl-Johan Persson tells Metro.

"Their votes will have a real impact as they determine what the H&M Conscious Foundation should focus on (in) the coming years."

Model Jennie Runk in an H&M swimsuit ad.
COURTESY H&M

Bank of Canada

Report card fails economists on writing skills

Economists at the Bank of Canada have trouble "being succinct, grammatically correct and prioritizing the data into useful information," according to an audit. The economists, most of them with graduate degrees, dissect the state of the economy. Their advice is used to set Canada's monetary policy.

THE CANADIAN PRESS

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RELIEF LINE IS 28 YEARS OVERDUE

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

With all the divisiveness and politics surrounding Toronto's transit planning, it's sometimes easy to forget that the TTC's next priority for expansion has been obvious for decades. It's the downtown relief line.

Also known as the Commuter Relief Line, the City Subway Loop or simply Subway Number 5, the line is planned to route across the city south of Eglinton like a broad U, providing an alternate route to the city's central business district and taking pressure off the overcrowded Yonge Line.

It's been identified as a major priority for the TTC since at least 1985, when it was enshrined in an ambitious transit expansion plan called Network 2011. For context, 1985 was also the year Wham! topped the charts with Careless Whisper and movie-goers got all excited about seeing Rocky IV — the one where Rocky defeats the Soviet Union by punching a guy.

Yes, Toronto has been dithering about with other transit plans while decidedly not building this high priority subway line for 28 years.

Lately, though, there have been signs that we're finally making progress — maybe.

On the positive side, recently-installed TTC CEO Andy Byford has been a strong advocate for the line. His voice has been joined by some key advocates on Toronto City Council, like Coun. Josh Matlow.

But that momentum has been slowed by those who want to first push forward with suburban transit expansion, even though most of those projects will only push more commuters onto the Yonge subway.

Take Mayor Rob Ford as an example. Earlier this month, Ford — probably the most ardent supporter of suburban subways — mostly dismissed the notion of the relief line, saying that he thinks downtown residents have enough subways already.

It's not a good argument, but it's a common one. Part of the problem is the name — "downtown relief line," with its emphasis on downtown, makes people think this will be some kind of premium service for latte-sippers heading out to buy artisanal cheese.

In reality, the line would be most useful to those who need to get downtown, not those who already live there. But supporters need to do a better job of making those benefits clear.

The other issue preventing political momentum from building behind the relief line has to do with the politics of the situation. Toronto politicians have never had their feet held to the fire over the relief line, leaving them free to mostly ignore it.

After decades of inaction, the coming municipal election is an opportunity to change that. I'm making it clear right now — any candidate who wants my vote has got to lay out a credible plan for building the relief line. No excuses.

It's been 28 years. Let's get on with it.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Nelson Mandela larger than life

GETTY IMAGES

Spray paint artist captures a leader

Street artist Victor Landeta spray paints a portrait of former South African leader and human rights activist Nelson Mandela on a sliver of the former Berlin Wall on Saturday in Kleinmachnow, Germany. Ailing Mandela recently spent three months in a hospital and is now receiving treatment at home. GETTY IMAGES

Famous quote

"There is no passion to be found playing small — in settling for a life that is less than the one you are capable of living." Nelson Mandela

Former German chancellor Willy Brandt on a sliver of the former Berlin Wall. He received a Nobel Peace Prize for attempting to warm relations between West Germany and countries in the Soviet Bloc. GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows users to buy directly from the artist at prices that tend to be beautifully affordable. Cool, right? But, wait! It gets better. You can preview albums in their entirety before purchasing anything, making it the perfect mixture for supporting Canadian talent like this.

CONTRIBUTED

No Babies:

The debut (I assume) album from this Dartmouth group is pure sugary bliss from the opening seconds. A heady mix of electro-pop and beach-y guitar jams. The only complaint I have is that it wasn't released in June. (thenobabies.bandcamp.com)

Viet Cong:

A supergroup of sorts, made up of veteran Calgary musicians who have mastered the sort of stark post-punk that seems more at home in Manchester than anywhere in Alberta. Fans of the dearly-missed Woman, once one of the country's most promising young bands, will find both familiar sounds and familiar members here. (vietcong.bandcamp.com)

Hooded Fang:

Good old fashioned garage rock, delivered with crashes and bangs. If that sounds like your kind of thing, and it should, give their latest album Gravez a spin. There's literally nothing to not like in there. (dapsrecords.bandcamp.com)

Twitter

@metropicks asked: One MP will introduce a private member's bill to protect unpaid workers. What's the best solution?

@TheGr8tstManEvr: Elect Justin Trudeau to a majority.

@KMouse66: Fine the employers for exploiting slave Labour.

@wgb75: Dont take non paying jobs in first place.

@1puttB: 2013 and we still have slavery?

@Dennis2ride: deny workplaces from using interns.

@cndougherty: definitions will be critical - how will this impact the Canadians who volunteer?

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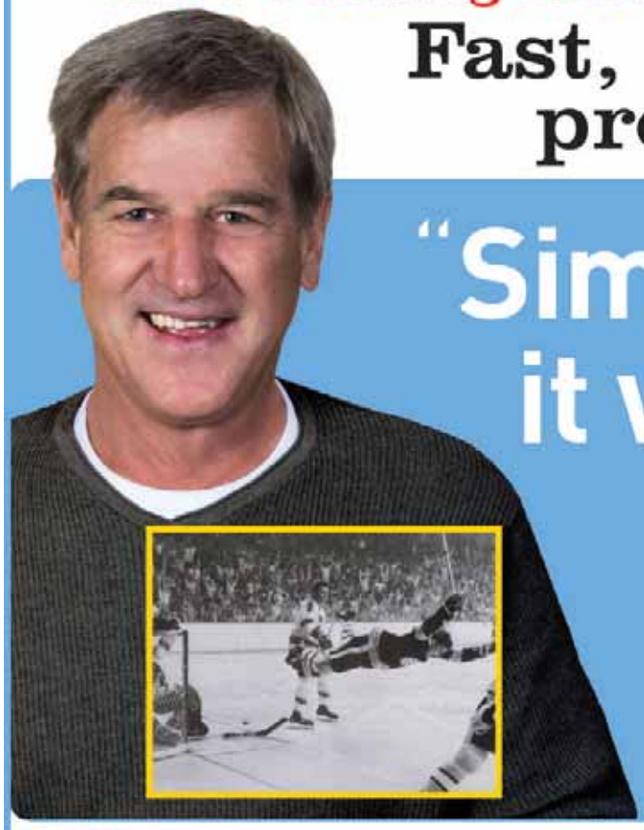

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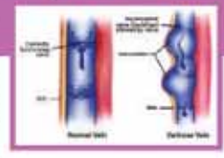

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London, England

Depp salutes horror-film star Christopher Lee

Johnny Depp has made a surprise appearance at the London Film Festival to give a career honour to horror icon Christopher Lee.

Depp called Lee "a national treasure" and "a genuine artist" as he presented the 91-year-old actor with a British Film Institute Fellowship on Saturday.

He said it had been "a childhood dream come true" to work with Lee. The two actors appeared together in Tim Burton's Sleepy Hollow, Dark Shadows and Charlie and the Chocolate Factory. THE ASSOCIATED PRESS

Christopher Lee and Johnny Depp
INVISION FOR BFI/THE ASSOCIATED PRESS

Movie rankings

Gravity's box office shows no signs of returning to Earth

Topping the box office for the third straight week, the space adventure Gravity continues to be the box-office juggernaut of the fall. The film, starring Sandra Bullock, earned $31 million US over the weekend, according to studio estimates. Tom Hanks' Somali pirate drama Captain Phillips held in second place at the box office. THE ASSOCIATED PRESS

From left, Clark Gregg, Brett Dalton and Chloe Bennet in a scene from Marvel's Agents of S.H.I.E.L.D. JUSTIN LUBIN/ABC/THE ASSOCIATED PRESS

Agent Coulson, man of steel (and milquetoast)

Television. Actor Clark Gregg's geeky alter ego proves both bad-ass and boyish as the star of Agents of S.H.I.E.L.D.

Like the character he plays, Clark Gregg has worked his way up the career ladder.

Five years ago, he played Agent Phil Coulson for the first time as a small role in the Robert Downey Jr. romp Iron Man.

Now, after gaining an ever-higher profile as Coulson in subsequent projects, including last year's mega-hit The Avengers, Gregg has broken out as the star of Marvel's Agents of S.H.I.E.L.D., the new acronymic sci-fi thriller airing on CTV which finds Coulson leading a hand-picked band of agents on their extra-special missions.

Gregg's own mission: to savour his spot as No. 1 on the Marvel's Agents call sheet after years of diverse, solid and often acclaimed work that, nonetheless, fell short of making him a household name.

Gregg, 51, has earned his new prominence. As Coulson, he projects a mild demeanour (except when he doesn't) and a boyish smile (except when he takes dead-aim with his weapon or busts a bad guy in the chops). He's a tangy blend of milquetoast and steel.

And he looks good, though not too good, in his habitual company-man business suit.

When super-agents take selfies

"Coulson loves his job. He's jaded; he's seen too much, but he can really geek out. You could imagine him doing selfies with crazy alien corpses! I'm making that up, but he's WAY into what he does."

Actor Clark Gregg, who stars as Agent Phil Coulson on Marvel's Agents of S.H.I.E.L.D.

"Coulson never takes his suit off," said executive producer Maurissa Tancharoen, speaking from Los Angeles, "whether he's on the beach, in the jungle ..."

"But at the risk of spoilers," stepped in fellow exec producer Jed Whedon, "you will see him in a future episode — sans tie!"

"The show doesn't take itself too seriously," Gregg noted gratefully during a recent chat in New York, "except in the moments when it needs to. The rest of the time it has a real sense of humour. 'I'm going to Taser you and watch Supernanny while you drool into the carpet': That's just not the kind of line I've gotten playing an agent in something else," like, for instance, The West Wing, where he had a recurring role as, yes, an FBI special agent. THE ASSOCIATED PRESS

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In this 1995 photo, the band TLC, from left, Rozanda "Chilli" Thomas, Tionne "T-Boz" Watkins and Lisa "Left Eye" Lopes, pose outside New York's Radio City Music Hall before the start of the 12th Annual MTV Video Music Awards. The Grammy-winning trio's rise to fame is chronicled on CrazySexyCool: The TLC Story. THE ASSOCIATED PRESS FILE

TLC biopic charts spats and struggles

Blast from the past. When VH1 realized how much the trio resonated with its audience, it set out to tell their tale

For Rozanda "Chilli" Thomas and Tionne "T-Boz" Watkins, there were several uncomfortable moments watching actresses portray them in a new TLC biopic.

But it was especially strange to watch Lil Mama, who played the role of the late Lisa "Left Eye" Lopes — the third member of the Grammy-winning R&B group who died in a car crash in Honduras in 2002.

"She totally came into character," Chilli said of Lil Mama, who wore contacts to mimic Left Eye's distinctively large, dark pupils. "It was kind of scary. The resemblance was just crazy at times. Naturally, she kind of had some of the similar characteristics like Lisa. It was kind of eerie at times for us."

Alongside Lil Mama, Keke Palmer stars as Chilli and Drew Sidora as T-Boz in the film, CrazySexyCool: The TLC Story, which premieres Monday on VH1. The two-hour movie chronicles the trio's rise to fame, their drama-filled love lives — famously including Left Eye burning down the house of lover and former NFL player Andre Rison — group spats and financial struggles, despite two multiplatinum albums.

"You never know how you look to someone else until you see for yourself," T-Boz said. "It was weird. It was very weird seeing my haircut on Drew. ... To see them do our dance moves really took us back."

This is VH1's first biopic in nearly 10 years since Michael Jackson's Man In the Mirror: The Michael Jackson Story in 2004. "When we looked at all the artists that would resonate with our audience, TLC was, like, on top of the list," said Jill Holmes, the network's senior vice-president of West Coast production and development.

A Behind the Music on the group and The Last Days of Left Eye were both highly rated. "Our audience came of age listening to TLC and our young viewers grew up listening to their songs. So it seemed like a perfect fit."

TLC debuted more than 20 years ago and became one of the bestselling female groups of all time. They addressed serious topics such as the dangers of AIDS in Waterfalls and the unrealistic expectations of beauty in Unpretty and had No. 1 smashes with No Scrubs and Creep, and their 1994 album, CrazySexyCool is diamond-certified.

Chilli hopes their movie can show how resilient TLC has been despite all the ups and downs. The two surviving members continue to move forward as a group, releasing their greatest hits album, 20, last week. THE ASSOCIATED PRESS

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Television

New Girl, Brooklyn Nine-Nine to air after Super Bowl

Fox says the plum post-Super Bowl slot next February will be filled by two of its comedies. New Girl and freshman series Brooklyn Nine-Nine will air on Fox after the game that's typically TV's most-watched program. Fox is also ordering nine more episodes of Brooklyn Nine-Nine for a full season of 22 episodes. The sitcom stars Andy Samberg. THE ASSOCIATED PRESS

Wedding Bell finally tolls for Kristen as she marries Dax in spontaneous style

After a very long engagement, Kristen Bell and Dax Shepard have reportedly tied the knot in an incredibly low-key and spontaneous ceremony, according to TMZ. "We just haven't gotten it together on a Saturday to get to the courthouse," Bell told E! News recently when asked about the delay. "It's just out of laziness that we haven't actually done it yet." Bell and Shepard did finally make it to the Beverly Hills City Clerk's Office this weekend, and though they planned to just get their marriage licence, sources say they ended up going ahead and taking the plunge. Bell and Shepard had been engaged for years but refused to wed until same-sex marriage was reinstated in California.

Kristen Bell and Daz Shephard
ALL IMAGES GETTY

METRO DISH
OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

What's wrong Charlie, you don't like money?

STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Charlie Hunnam left the production of 50 Shades Of Grey. A) He didn't want to end up in a Robert Pattinson-type situation, being forever known for one terrible role. B) He finally got around to reading the books. C) Creative differences. D) He hates money. E) His feelings were hurt when Britney Spears said she wanted James Franco to play Christian.

Martha Stewart said of Gwyneth Paltrow that she hopes she's "authentic" and that, "She wants to be a lifestyle arbiter — fine ... I think I started this whole category of lifestyle." Martha continued, "also, everything is mine and you can't have any. Neener-neener. Are your goats trained to make their own cinnamon-scented candles?"

Meg Ryan is returning to TV where, "she will play a sunny, devoted and non-confrontational mom who returns to a publishing house where she was once a brilliant editor." Don't tell me! Don't tell me! Her boss will be Tom Hanks and they will bicker and then they'll have polite sex. Did I get it right? Is there a prize?

Model Kat Torres says she's dating Leo DiCaprio and calls him "amazing." Leo's rep denies the two are or have ever been a couple and that, Kat, is how a non-disclosure contract works. Now you'll know for when you start dating Bradley Cooper.

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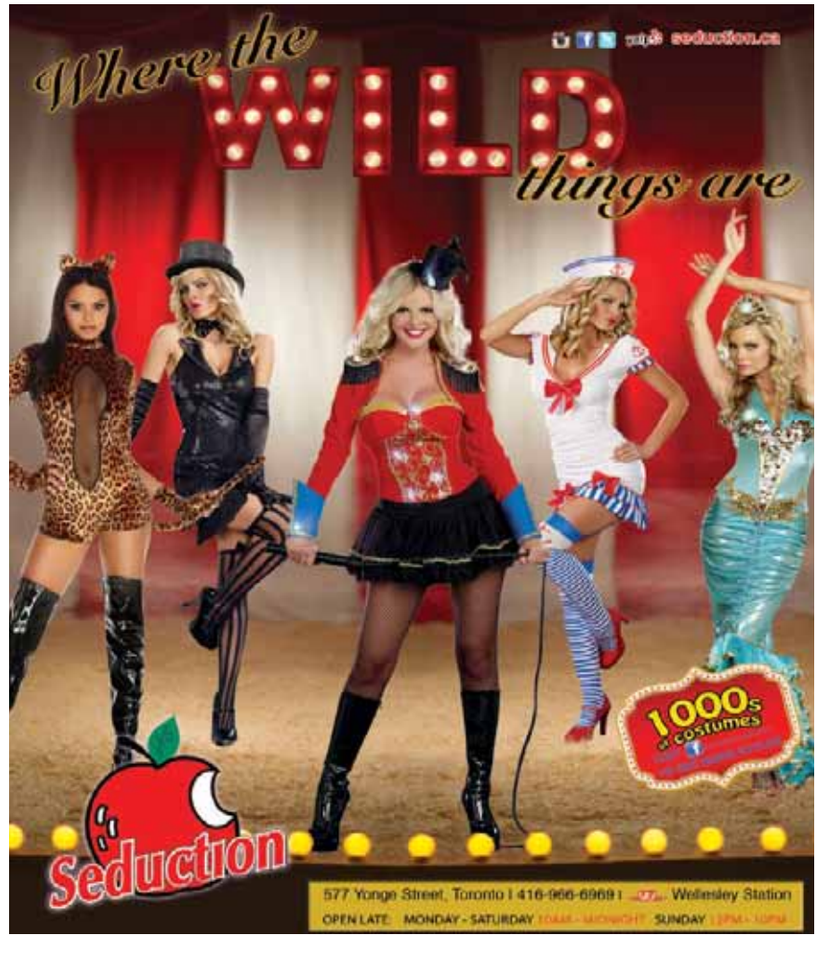
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Skin care

Pregnancy routine

Your growing body will experience new issues, including itchy skin and stretch marks. And certain ingredients, like your trusty retinol cream, are now off-limits.

Dermatologist Debra Jaliman, author of Skin Rules, lets you in on your new skin-care routine.

What are some skin issues for pregnant women?
One of the biggest issues for expectant mothers is melasma, when pregnant women get brown discolouration on their face. So it's very important to use a broad-spectrum SPF 30 sunscreen every day, rain or shine. Pregnant women are also often very itchy, so it's important to use mild cleansers when washing the skin and also to take short showers and avoid hot water.

How should pregnant women take care of their skin?
It's important to use a moisturizer when getting out of the shower and avoid vigorously towel drying. Instead, pat the skin dry gently.

Are there any products to avoid?

Pregnant women should avoid retinol. ISTOCK

Certain products should be avoided. These include retinol, salicylic acid, hydroquinone, kojic acid and benzoyl peroxide. METRO

Exclusively online

Are your kids ready to pop some hashtags? Find out with Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices.
Hashtag your reasons on social media to #reasonsmommydrinks

All fun and games till your kid's schedule stresses everyone out

Extracurricular activities. Are hockey, soccer, tennis, swimming and piano lessons too much?

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

When I was a kid, like many of my friends I would race home after school so I could change and get outside to play. We used to run from door to door, calling on other kids to come out.

You know the word "play", right? Besides when it's referencing a video game? We would stop playing only for dinner and homework and the occasional episode of Get Smart or The Partridge Family.

Our time was, for the most part, totally unstructured, unless you consider being told to "be home when the streetlights go on" as structure.

I did also learn how to play badminton, squash, tennis, and took swimming and skating lessons. Most happened on the weekend, leaving our weekdays relatively free. Free, compared to the schedules of many kids today, including my own.

When all four of mine were engaged in sports, I needed a spreadsheet to keep track of it. My book Shut Up & Eat was mostly inspired by the fact that family meals became more about logistics than they did nutrition, and might have included consideration of what one can eat in a car on the way to the hockey arena.

Many parents are driving themselves and their vehicles to the brink all week as they ferry children from karate to guitar to skating to tournaments and extra practices and the dreaded of all time-suck activities — the "Rep" level team, be it hockey, soccer, swimming, etc.

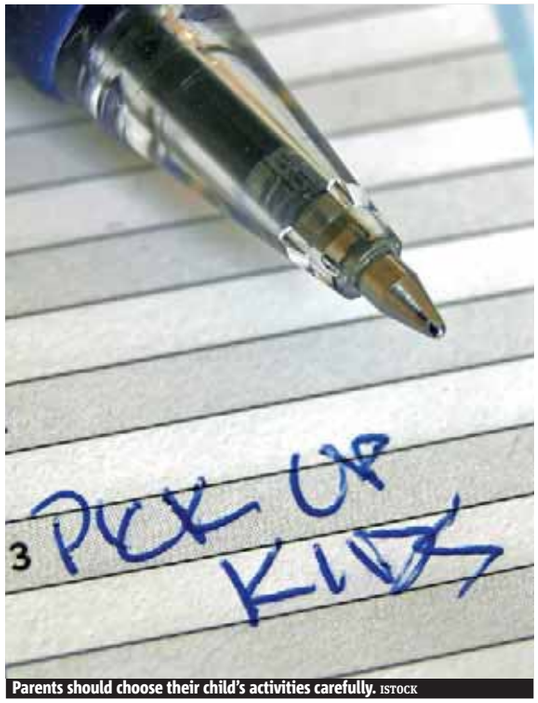
(I remember myself at age eight, and my sister at 10 taking the city bus by ourselves to swimming lessons. Shocking.)

There are many theories as to whether exposing our kids to this type of structure and (arguably) overscheduling is good for them.

On the positive side, they learn teamwork, commitment, engage in physical activity and/or cultural stimulation. Critics would say it's stressful for them and that they don't know how to amuse themselves for longer than it takes to wait for a brother's gymnastics lesson to end.

My advice? Pick and choose the way you spend their time, your time and your money when deciding on extracurriculars. Check your bank balance, your calendar and make sure it's something they want to pursue versus your own interest or those of their friends. Investigate responsibilities for fundraising, out of town tournaments and equipment costs before committing.

After all, in the words of William Shakespeare, "The play's the thing," isn't it? KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, AVAILABLE FROM MCCLELLAND & STEWART AT BOOKSTORES EVERYWHERE.



Parents should choose their child's activities carefully. ISTOCK

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Two Nutty Thumbprint Cookies up

This recipe makes 65 cookies. PRESIDENT'S CHOICE

1. In bowl of stand mixer fitted with paddle attachment, cream butter with brown sugar on medium speed for 3 to 4 minutes or until very light and fluffy. Add egg and vanilla; beat until well combined. Into another bowl, sift together flour, cornstarch, baking powder and salt; stir in almonds and add to creamed butter mixture. Mix on low speed just until combined. Cover bowl with plastic wrap. Chill for 1 hour or until mixture is firm.

2. Preheat oven to 350 F (180 C). Line three baking sheets with parchment paper.

3. Using scant tablespoon (15 ml), scoop dough, form into 1-inch (2.5 cm) balls and place on one baking sheet, spacing 1-1/2-inches (4 cm) apart. Make a thumb indentation in each ball. Bake in centre of oven for 10 to 12 minutes or until evenly golden and crisp. Cool slightly on baking sheet. Gently press thumb into indentation. Cool cookies fully on baking sheet. While one batch bakes, scoop more dough onto second baking sheet. Let baking sheets cool fully before re-using to bake more cookies.

4. Sift icing sugar over cooled cookies. Using two spoons or a piping bag, fill cookie centres evenly with cookie spread, using entire jar.

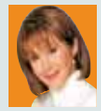
PRESIDENT'S CHOICE

Ingredients

- 1-1/4 cups (300 ml) unsalted butter, softened
- 3/4 cup (175 ml) packed dark brown sugar
- 1 egg
- 1 tsp (5 ml) pure vanilla
- 2 cups (500 ml) all-purpose flour
- 1 cup (250 ml) cornstarch
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) ground almonds
- 1/4 cup (50 ml) icing sugar
- 1 jar (375 g) PC Decadent Cookie Spread

Healthy eating

Choose it and lose it



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Pumpkin pie

466 calories / 45 g sugar

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Date & Time: **evening of Thursday, Nov. 21st, 2013**
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'Round the world wisdom

Facing adversity? Be your words not your feelings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

As individuals our word is our bond. It is a measures of our moral character and a mark of our integrity.

A number of people I met at speaking engagements where I presented my Gobi story announced they too wanted to run the desert. Over time, a large group was set to join me for the Sahara Race in 2011.

The majority of people who said they would and even signed up to run the Sahara never actually made it to the start line. Somehow life got in the way and their feelings championed over their word.

Research shows that our vocabulary has 309 known words to describe human emotions — two-thirds of which, astonishingly, are negative. Our brain fires negative emotions 10 times more frequently than it does positive ones. Do the math! Odds are that individuals will experience a negative reaction to 95 per cent of events that occur. What does this mean? Our heads are filled with reasons not to do things.

When you choose to follow through with your word as opposed to your feelings, your life is actively changed as a result. You can now be counted on to do what you said you would, and to do so with enthusiasm.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Show me the marketing job!

Fields in your dreams? There are plenty of ways to kick off a career in sports that don't require athletic expertise

MEREDITH ENGEL
Metro World News

Sports management requires individuals who will always aim high to satisfy their clients. ISTOCK

Thinking of a sports career off the field may evoke visions of Jerry McGuire and rubbing elbows with players in the locker room. But a career in sports marketing is not all about the glamour of the game. We tapped David Eisenberg, the senior manager of sports and entertainment marketing for American Express, for his tips on making it in (and on) the field. Besides getting a degree in the field and networking as often as possible, here's what else he recommends:

Explore all sides of the business

Going into sports marketing doesn't always translate to representing your favourite team. You can work on a brand, like American Express, a property (like the United States Golf Association, for example), or an ad agency.

"I've worked at an agency and a brand, and that's been a wonderful experience because I've learned so many different things from so many different angles," Eisenberg says. "Think: 'What area do I feel like would give me the most opportunity to learn as much as I can, have a lot of fun and be really engaged in my career?'"

Remember who you serve

As much as everyone loves the game, at the end of the day, it's the fans who marketers are ultimately trying to reach — they're the ones who are opening their wallets. "We're very focused on really creating those lasting memories for the card member (and) at the same time exposing prospective card members to the benefits," Eisenberg says.

Realize that it's not all about the glitz

Fancy free?

"The glitz is the glitz only if somebody needs it or wants it."

David Eisenberg
Senior manager of sports and entertainment marketing

Though he gets to oversee events, Eisenberg also says desk time is a big part of the job. "The glitz is the glitz only if somebody needs it or wants it," he says. "(We're) more focused on, 'How do we create scalable experiences for lots of people to take advantage of?' And if that means it is more focused on service, which may just be getting a lesson, versus getting the opportunity to meet a famous golfer, we want to make sure that we're able to reach as many people as we can, with the benefit that's gonna make the biggest impact. If it's glitzy, great.

"If it's not, that's OK, because the important thing is it may give us the scale and it may also give us the opportunity to really build a meaningful relationship."

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Legends of the labour force

Back in my workday... Author of A Good Day's Work hopes to preserve memory of Canada's vanishing jobs

When John DeMont was completing his book about vanishing traditional jobs in this country — think lighthouse keeper or milkman — he found A Good Day's Work had become much more than just a discourse on how some Canadians bring home the bacon.

"It sort of morphed into this book about Canada, using the disappearing work as a jumping-off point to talk about different aspects of Canada and the different things that are going," says the Halifax-based journalist and author.

"Not just work," he says, but "the iconic Canada — close-knit communities and small towns and everybody knowing everybody and being interested in a positive way."

A Good Day's Work: In Pursuit of a Disappearing Canada (Doubleday Canada) seems a natural followup to his previous book, 2009's Coal Black Heart: The Story of Coal and the Lives it Ruled, a history of coal mining in Nova Scotia and the toll that disasters in the deeps took on colliers and their families.

Ancestors on both sides of his family were part of that history — one grandfather went down into the pit at age 11 to mine the black gold — but DeMont's father eschewed what had been the family business to work above-ground as a stockbroker.

And as the author writes in the prologue of A Good Day's Work, growing up as a child in Halifax was an idyllic time for him — and for the country as a whole.

His reference year — 1967, when he was 11 — sees Canada celebrating its 100th birthday, with millions drawn from around the world to Expo 67 in Montreal, the Canadian economy at its post-war peak and the Toronto Maple Leafs winning their last Stanley Cup.

It was also a time when the milkman still delivered cows' bounty to many homeowners' doors, beef came from family-owned and family-worked farms, and parents and kids — and hormone-fuelled teens — piled into the station wagon on a summer's night to take in a drive-in movie.

It is that world that DeMont evokes in A Good Day's Work, or rather what is left of it, as he tracks down Canadians still engaged in time-honoured work, the kind of jobs that built this country but are perhaps soon to be but a memory.

While natural resources jobs — forestry and fishing, for example — might have seemed an obvious fit, DeMont chose to go beyond "guys in the woods" and look into a broad range of skills among people in different parts of the country.

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them."

THE CANADIAN PRESS

Cool careers

> **"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them."**
>
> **John DeMont**
> Author of A Good Day's Work

Digitally doing good

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We365, a free digital platform which allows young people to track and verify their volunteer activities for school, launched on Friday with the introduction of an app and a website. The platform provides the tools needed to fundraise, take action, and amplify messages for thousands of different charities. Members are encouraged to find and share inspiring content with like-minded users and friends, all while supporting causes most important to the individual. Visit we365.com for more details.

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School search. Don't leave what could be a life-changing decision until the last minute

It may feel like the school year just started, but soon thousands of Canadian students will be turning their focus toward the next stage of their academic careers: applying to post-secondary school.

In 2012, there were 793,000 full-time and 234,000 part-time undergraduate students in Canada, according to the Association of Universities and Colleges of Canada.

"Grade 12 comes upon students very quickly — quicker than they realize," said George Granger, executive director of the Ontario Universities' Application Centre, whose organization worked with an affiliate group of the Council of Ontario Universities to organize the fair.

Granger, who previously served as a registrar and director of admissions, said selecting a university or college is "one of the most important choices" students will make at this point in their lives.

"It's right up there with careers and relationships and where you're going to live. For a lot of them, it's a challenging moment."

Granger shares tips on how students can best prepare for the application process and ways to whittle down their pool of choices to select their ideal school.

Stop dreaming of the higher learning hunt. Get off your chair and start seeking out your perfect school. ISTOCK

Start thinking of, and settling on, an area of study

While the largest group of students who will attend the fair are in Grade 12, Granger said pupils in younger grades can also start casting their mind to potential areas of study after high school.

"Those are the years where they're starting to fit themselves into the streaming of courses," Granger said of students in Grades 10 and 11.

"They're starting to become more aware of what they're good at, what they like to do, becoming more aware of where they'd like to take themselves in their career life in terms of work."

Offer a well-rounded resumé

While some programs rely entirely on academic standing to make admission decisions, others may factor supplementary information into the fold, Granger said.

For example, some fine arts programs require the submission of a portfolio, while others may demand a profile of a student that demonstrates well-roundedness, leadership experience and community involvement, he noted.

Granger said all students planning to pursue post-secondary studies should be mindful of extracurricular activities that will help balance them as individuals as well as potential applicants.

"Those experiences on the playing fields, in student government, in student clubs — those are all things that develop transferable skill sets that are going to be very important during the university experience, but also after graduation.

"Working as a member of a team, working in groups — there's a lot of emphasis on that in modern education."

Location and size matter

Granger said once students have assessed longer-term goals and ensured they have the appropriate prerequisites, another key step follows: selecting the school itself.

"For some students, it's a question of: 'Can I live at home and attend school or do I have to go away?' In some cases, the program that they're interested in is offered only at a few universities. And so, that means they'd have to make a commitment to go away and they'd have to come to terms with that."

In other cases, the program students are interested in may be more widely available —therefore altering the decision of whether to stay put or move away.

Granger said students with some degree of flexibility in their minds and a willingness to be mobile should be weighing whether they'd prefer to be at a larger school in a metropolitan area or if they'd feel more at ease on a smaller campus outside of the city.

THE CANADIAN PRESS

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Enterprise Toronto's Small Business Forum on Oct. 23 at the Metro Toronto Convention Centre is the must-attend event for entrepreneurs, from start-ups to established owners. The free, 9 a.m. to 5 p.m. event brings together coaching, seminars, networking and a trade show — resources every entrepreneur needs — under one roof.

This year's keynote speaker is Suneet Singh Tuli, CEO of DataWind Ltd., the Canadian inventor of the $40 tablet. The cheapest wireless web access device in the world, this tablet may revolutionize educational access in the developing world.

Other presentations include how to get financing, the importance of a supportive partner network and the role of mobile marketing in today's competitive marketplace. Some of the notable entrepreneurs sharing their experience are Satish Kanwar, founder of Jet Cooper (recently acquired by Shopify), Ryan Smolkin of Smoke's Poutinerie, and Cam Heaps, co-founder of Steam Whistle Brewing.

For more, visit toronto.ca/sbf2013.

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The Canadian government recently approved Rhoziva, an all-natural product that can help people combat the effects of stress, trauma, anxiety and mental fatigue.

Rhoziva, which passed rigorous testing for safety, efficacy and other standards, elevates mood, supports mental focus and stamina, and improves overall mental health.

This powerful antioxidant from Nanton Nutraceuticals is making a difference in peoples' lives.

"Our goal is to provide Canadians with an ethical, natural herbal product," says Rick Carbone, Nanton Nutraceuticals' vice-president of sales.

Rhoziva's key ingredient is Rhodiola rosea, which is organically grown in Canada by farmers in Alberta.

Rhodiola rosea was featured on the Oprah Winfrey Show and highlighted by Dr. Oz, who called it one of his favourite adaptogens.

Canadians are also raving about it.

"I would highly recommend this product to anyone who is feeling tired, depressed, and/or very stressed," says Debbie Duprey of Winnipeg. "It will calm you down, give you energy and aid you in the ability to deal with life."

Rhoziva is available in local health stores.

A free six-day sample can be ordered at admin@nantonnutra.com or 1-866-646-2284. For more information, please visit rhoziva.com.

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NHL

Biron hangs up the pads after 16 years

Goaltender Martin Biron announced his retirement at the age of 36 on Sunday, after playing parts of 16 NHL seasons.

The New York Rangers put Biron on waivers last week, at which time he said he needed to consider his options. Biron was assigned to the Hartford Wolfpack on Tuesday, but he did not report. THE CANADIAN PRESS

Tennis

Federer reflects on rough season

Roger Federer thinks he made mistakes this year by playing when injured, but insists he is ready for a strong finish to his most difficult season.

Ahead of his hometown Swiss Indoors tournament, Federer said he regretted playing with back problems at Indian Wells in March, and Hamburg and Gstaad in July.

"With hindsight, I shouldn't have (played). They were errors," he said. THE ASSOCIATED PRESS

MLB

"We knew he was going to be a key contributor toward the back end of the bullpen." **Red Sox manager John Farrell** on his closer Koji Uehara, the ALCS MVP. The 38-year-old right-hander got the job after neither Joel Hanrahan nor Andrew Bailey lasted. Boston beat the Detroit Tigers 5-2 in Game 6 of the ALCS on Saturday and will face the St. Louis Cardinals in the World Series.

Miami receiver Brandon Gibson jumps over free safety Aaron Williams and strong safety Da'Norris Searcy for a touchdown on Sunday. LYNNE SLADKY/THE ASSOCIATED PRESS

Bills D key in division decision vs. Dolphins

NFL. Young quarterback supported by defence as Buffalo barely escapes Miami with a win

Week 7

23	21
Bills	Dolphins

Thad Lewis completed one pass for a first down even as a blitzing linebacker knocked his helmet off and sent it skittering upfield.

The hit drew a flag and left Lewis sprawled on the turf, but the Buffalo Bills' young quarterback leaped to his feet screaming and punching the air to celebrate the gain.

Lewis's resilience proved infectious Sunday. The Bills blew an early 14-point lead, then rallied to kick the winning field goal with 33 seconds left and beat the Miami Dolphins 23-21.

Mario Williams forced a fumble by sacking Ryan Tannehill with less than three minutes to go, setting up the winning 31-yard kick by Dan Carpenter, who was released in August after five seasons with the Dolphins.

The Bills won in Lewis's second start since being promoted from the practice squad to replace injured EJ Manuel. His fist-pumping after being levelled came when Buffalo trailed 21-17 in the third quarter.

"I was excited," he said. "I'm not a rah-rah guy, but when you're down and out, you've got to do something to get the team going."

Lewis was sacked four times and threw an interception, but he threw for 202 yards and helped the Bills convert 9 of 19 third downs.

Defence did the rest. Rookie Nickell Robey returned an interception 19 yards for a touchdown on the third play of the game, and Buffalo turned the tide late with the help of two sacks by Williams.

The injury-plagued Bills (3-4) ended a streak of six consecutive road losses, including two this year. But it was a home game of sorts for Lewis, who grew up near the Dolphins' stadium. THE ASSOCIATED PRESS

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Bernier burning calories in crease

NHL. Leafs goalie says turnovers are at the centre of team being outshot by opposition

You've heard many of the plausible spins by now. Yes, the Maple Leafs are generally playing poorly, but you can't argue with a 6-3-0 record. Yes, they've played particularly abysmally during their two-game losing streak, but you've got to believe they'll surge when they get David Clarkson back from suspension, Nikolai Kulemin back from injury and Phil Kessel back from his latest in-season nap.

Yes, the Leafs were grossly outshot by the resounding count of 40-20 in Chicago on Saturday night, but even goaltender Jonathan Bernier found a way to put a positive spin on the drubbing.

"Gets you back in shape," quipped Bernier.

You've heard of CrossFit. Call Bernier's new-found workout CreaseFit. After facing an average of about 25 shots a game during the past few years as a Kings backup, Bernier has seen an average of about 34 shots per 60 minutes of playing time in Toronto. On Saturday night he was pelted with 40 shots — a game total he surpassed only once in 62 appearances as a member of the Kings. It's arguable whether or not he actually needed to achieve a higher level of physical conditioning — he came into training camp looking lean and explosive.

Forget the state of his cardiovascular system. A goaltender's got to keep an eye on the health of his win-loss record.

Bernier said he sees a link between the tilted ice and Toronto's status as league leader in giveaways, which often spur odd-man rushes and clear shots at a well-worn goalie.

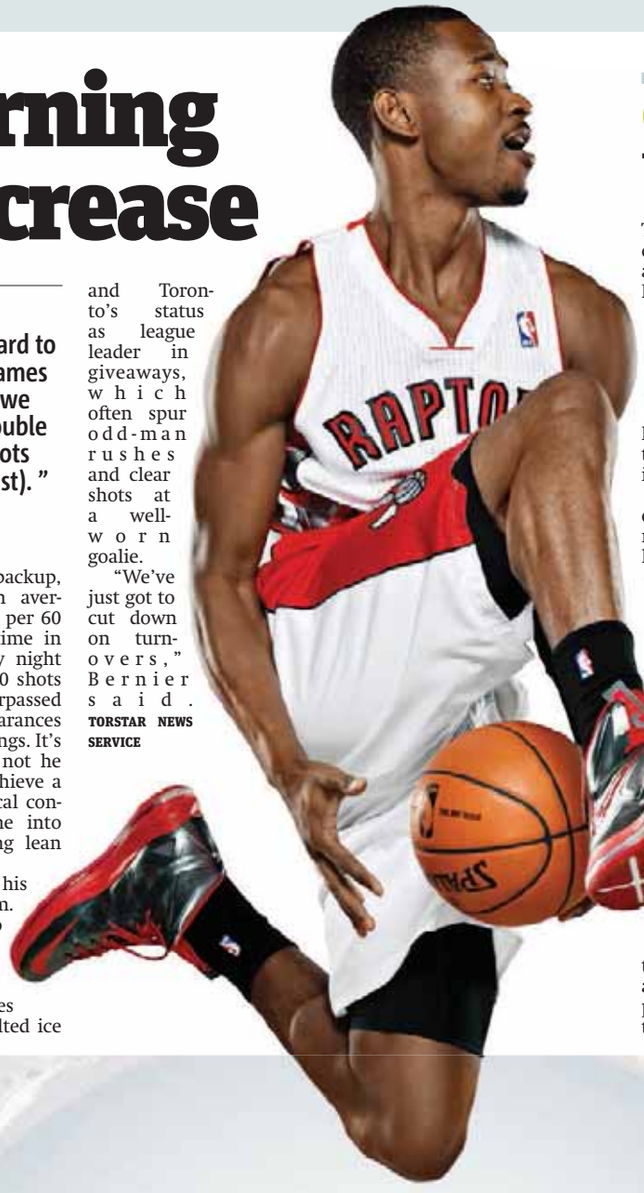
"We've just got to cut down on turnovers," Bernier said.

TORSTAR NEWS SERVICE

Quoted

"It's hard to win games when we get double the shots (against)."

Leafs goalie Jonathan Bernier



CFL. Smith sparks Als to victory over Tiger-Cats

The Montreal Alouettes' quarterback carousel has taken a promising turn with 2006 Heisman Trophy winner Troy Smith.

The former Ohio State star who only joined the Alouettes in August threw three touchdown passes in his first CFL start as Montreal downed the Hamilton Tiger-Cats 36-5 to tighten the race for playoff positions on Sunday afternoon.

"It's been cool," Smith said of his quick adaptation to 12-man football. "My teammates have helped me out tremendously.

"The adaptation is definitely still going on. I'm trying day in and day out to get things down pat. It's been fun."

The team announced this week that CFL all-time passing leader Anthony Calvillo, who has been out since August with a concussion, will not return this season. That made finding a starter to finish out the campaign and take Montreal into the playoffs a priority.

The Alouettes celebrate an S.J. Green touchdown on Sunday in Montreal THE CANADIAN PRESS

Tanner Marsh had a good stretch but then faltered, as did Josh Neiswander.

Now it is Smith's turn, and he passed the first test by completing 17 of 35 passes for 247 yards, three TDs and no interceptions.

"He did a great job," said coach Jim Popp. "I don't know if he was nervous.

"We didn't run everything right. It's great to be able to take what we did today and improve on it. We know there's a lot of upside to what we're doing. We were moving the ball and scoring and we got over that 30-point mark like we said we needed to do."

THE CANADIAN PRESS

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Tyler Hansbrough brings blue-collar mentality to T.O.

NBA. 27-year-old forward's bruising skill set is rare in today's league, coach says

Raptors forward Tyler Hansbrough battles for a rebound with Boston centre Vitor Faverani during pre-season action last Wednesday. FRANK GUNN/THE CANADIAN PRESS

The topic turns to basketball "skill sets" and what fans notice and what they appreciate and, of course, a workmanlike banger like Raptors forward Tyler Hansbrough understands that he might not be as esthetically pleasing as most other NBA players.

He doesn't care an awful lot. His hit-first, hit-often mentality has served him pretty well in his first four years in the league, but he knows he'll never dominate the highlight reels like the swift and athletic men who populate the NBA.

He knows his teammates appreciate what he does, he knows that opponents largely hate going against him, and that's just fine with him.

But the fact is that what Hansbrough does, how he plays, how he carries himself on the court, is as learned and important a "skill" as any dunk, shake-and-bake offensive move or silky-smooth jump shot.

"The No. 1 thing is playing hard like that every day is an NBA skill, that is a talent," Toronto coach Dwane Casey said ahead of a visit from the New York Knicks on Monday. "I don't know how you describe it or what you call it but for the guys I've seen over the years who bring it every day like that, that is not easy to do.

"You would want everybody to give it every day like that and hit people and play hard and take hits, get beat up every day, but it doesn't happen."

It does, however, with the 27-year-old Hansbrough, who could be poised to join an elite group of tough-minded fan favourites that has dotted the roster over the years.

He hears the ovations when he gets in the game, he feels the buzz when he knocks people around; he says he's just doing what comes naturally and if it brings accolades, all the better.

TORSTAR NEWS SERVICE

New in town

"I just play my game ... I feel like I can be a leader. I'm not the most vocal guy but I lead by example."

27-year-old Tyler Hansbrough on bringing his blue-collar work ethic to Toronto

NBA pre-season

Love alive and well in Montreal

Kevin Love's 22 points and nine rebounds led the Minnesota Timberwolves to a 104-89 victory over the Boston Celtics on Sunday night at the Bell Centre.

Kevin Martin had 21 points and nine rebounds for the Timberwolves (3-2).

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	9	6	3	0	24	23	12
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	8	7	1	0	31	19	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	5	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	8	7	1	0	27	12	14
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	8	4	3	1	16	21	9
Minnesota	9	3	3	3	19	22	9
Winnipeg	8	4	4	0	21	22	8
Dallas	7	3	4	0	17	22	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	39	16	15
Anaheim	7	6	1	0	24	16	12
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

Sunday's results
Columbus 3 Vancouver 1
Dallas at Anaheim
Nashville at Winnipeg
Saturday's results
Pittsburgh 4 Vancouver 3 (SO)
Edmonton 3 Ottawa 1
Colorado 4 Buffalo 2
Florida 2 Minnesota 1 (SO)
Nashville 2 Montreal 1
Chicago 3 Toronto 1
Boston 5 Tampa Bay 0
New Jersey 4 NY Rangers 0
Washington 4 Columbus 1
Carolina 4 NY Islanders 3
Phoenix 5 Detroit 2
San Jose 6 Calgary 3
Los Angeles 5 Dallas 2
Monday's games — All Times Eastern
San Jose at Detroit, 7:30 p.m.
Colorado at Pittsburgh, 7:30 p.m.
Calgary at Los Angeles, 10:30 p.m.
Tuesday's games
Anaheim at Toronto, 7 p.m.
Vancouver at NY Islanders, 7 p.m.
New Jersey at Columbus, 7 p.m.
Chicago at Florida, 7:30 p.m.
Edmonton at Montreal, 7:30 p.m.
Washington at Winnipeg, 8 p.m.
Nashville at Minnesota, 8 p.m.
Calgary at Phoenix, 10 p.m.

MLB PLAYOFFS

ALCS

BOSTON RED SOX VS. DETROIT TIGERS
(Boston wins series 4-2)
Saturday's result
Boston 5 Detroit 2

NLCS

ST. LOUIS CARDINALS VS. L.A. DODGERS
(St. Louis wins series 4-2)
Friday's result
St. Louis 9 L.A. Dodgers 0

WORLD SERIES
(Best-of-7)

ST. LOUIS VS. BOSTON
Wednesday's game — All Times Eastern
St. Louis (Wainwright 19-9) at Boston (Lester 15-8), 8:07 p.m.
Thursday's game
St. Louis at Boston, 8:07 p.m.
Saturday's game
Boston at St. Louis, 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Sunday's result
Montreal 36 Hamilton 5
Thursday's game — All Times Eastern
Winnipeg at Toronto, 7:30 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Hamilton, 1 p.m.
Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Sunday's results
Cincinnati 27 Detroit 24
San Diego 24 Jacksonville 6
Carolina 30 St. Louis 15
Washington 45 Chicago 41
N.Y. Jets 30 New England 27
Buffalo 23 Miami 21
Dallas 17 Philadelphia 3
Atlanta 31 Tampa Bay 23
San Francisco 31 Tennessee 17
Green Bay 31 Cleveland 13
Kansas City 17 Houston 16
Pittsburgh 19 Baltimore 16
Denver at Indianapolis
Monday's game — All Times Eastern
Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Sunday's results
New York 3 Houston 0
San Jose at Los Angeles
Saturday's results
Montreal 2 Philadelphia 1
FC Dallas 2 Seattle 0
Colorado 3 Vancouver 2
New England 3 Columbus 2
Chicago 1 Toronto FC 0
Portland 0 Real Salt Lake 0

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Horoscopes

♈ Aries
March 21 - April 20
Something you think is important is in fact trivial and the sooner you realize that fact the better off you will be.

♉ Taurus
April 21 - May 21
A relationship matter that has been worrying you for weeks will fade in significance today. Maybe it isn't as bad as you thought it was. Time will tell.

♊ Gemini
May 22 - June 21
Every upheaval is an opportunity in disguise and soon you will realize that fate has been prodding you to move in a new and more profitable direction. All you have to do is get moving.

♋ Cancer
June 22 - July 23
As Mercury, planet of the mind, turns retrograde today so the way you look at your life will change. However, this particular cosmic event has a way of playing tricks on people, so don't make any drastic moves just yet.

♌ Leo
July 24 - Aug. 23
You may be upset that something or someone has gone out of your life but it is all part of the process of growth and change. The world never stands still and nor should you. Move on in your life.

♍ Virgo
Aug. 24 - Sept. 23
It takes courage to hold a view that few other people agree with and more courage still to express that view openly. But you are not the sort to back down and will insist on having your say. Let's hope you are right!

♎ Libra
Sept. 24 - Oct. 23
Throw away your schedules and timetables. With Mercury moving retrograde today there is really no point in making plans. Take each moment as it comes.

♏ Scorpio
Oct. 24 - Nov. 22
Ideas you once supported don't seem so attractive now but you are still reluctant to give up on them. Until you do you won't be able to take advantage of the new insights that enter your mind.

♐ Sagittarius
Nov. 23 - Dec. 21
If you are smart you will keep your opinions to yourself. You may be desperate to prove a rival wrong but the planets warn it won't be as easy as you think.

♑ Capricorn
Dec. 22 - Jan. 20
Let colleagues know how you feel today but don't get emotional about it. If they can see that you are affected to such an extent they may decide to up the pressure, hoping you will break.

♒ Aquarius
Jan. 21 - Feb. 19
Some tough decisions will have to be made, the kind of decisions where you upset more people than you please. Fortunately you are not the sort to worry about that. You enjoy rocking the boat.

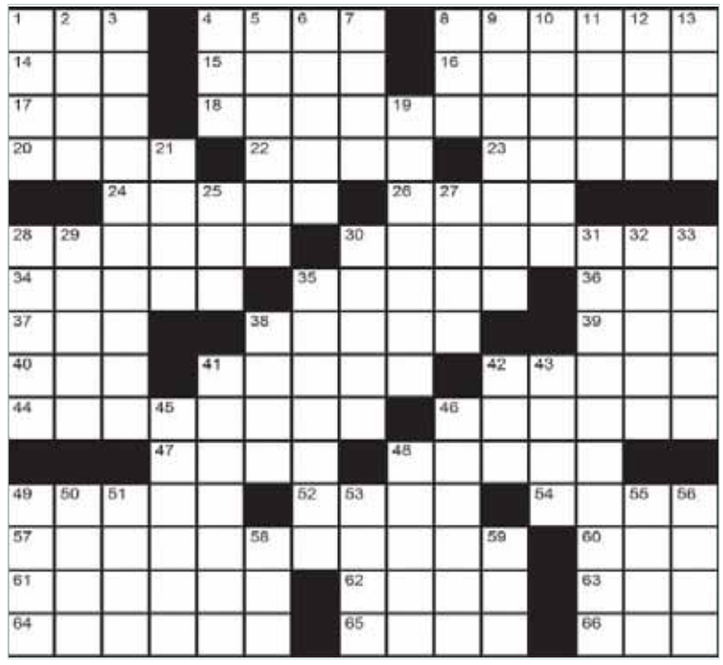
♓ Pisces
Feb. 20 - March 20
You may not be a rule breaker but there is one rule that annoys you so much you are determined to smash it. That's fine but don't forget that actions have consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



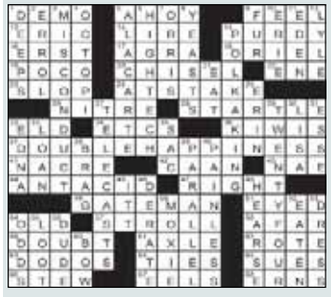
Across

1. A-li'l-__-will-d'ya
4. Gas station name
8. Rejects
14. Football's Mr. Manning
15. "__ she blows!"
16. Set the dial: 2 wds.
17. Vroomer
18. Toronto-born singer of "Old Skool Love": 2 wds.
20. Modeller's buys
22. Island off of Newfoundland
23. Beau __ (Gracious action)
24. Megan of "Smash"
26. Gone With the Wind land
28. 1991 Tragically Hip album: 'Road __'
30. Canadian insurance and financial services company
34. Lively rhythms
35. Adjust margins, say
36. Capture
37. Disney deer
38. Carries
39. Put down, slang-style
40. Gladiator's 300
41. Circled
42. I'm; __; He's...
44. Forest for Robin Hood
46. Lab device, __ burner
47. Where the White House is, __ _._.
48. Kindled again
49. "_ ___ Before Dying" (1991)
52. In the thick __ __
54. Restaurant receptacle
57. Consumer watchdog program on the CBC
60. Rosemary's Baby novelist Mr. Levin
61. Seasonable
62. "Aren't _ __ lucky one?"
63. "Lost in Love" soft rockers with a Supply of it
64. Gobbles food, in slang
65. Johnny Carson's predecessor Jack
66. Chap

Down

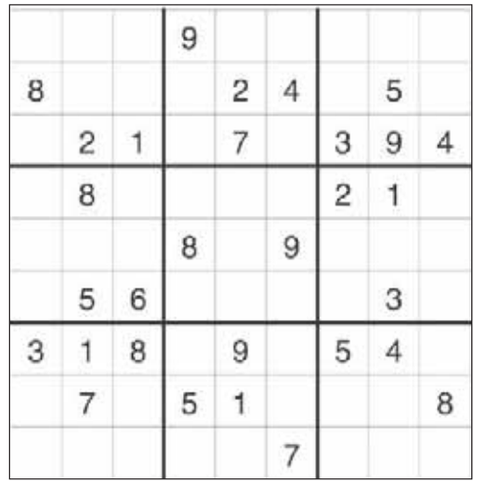
1. Casino pack
2. Court game, with Jai
3. Charlottetown, 'The __ of Confederation'
4. Airport schedule acr.
5. Changes
6. "__ Truffle" by The Beatles
7. Real thing, for short
8. Female saint in France [abbr.]
9. Fish and Chips, Shepherd's Pie ...and more: 2 wds.
10. Artificial
11. Vintage autos
12. Food package abbr., __. __.
13. Loudness of sound unit
19. As sheet music is
21. River deposit
25. Guitarist Mr. Paul
27. Santa __ (Hot winds)
28. Sir Guinness, and others
29. Salt amount
30. __ out (Dished)
31. The __ Revolution
32. Laissez-__
33. Buddy of "The Beverly Hillbillies"
35. Peter Weller '80s Sci-Fi flick
38. Step heavily
41. "...to thine __ __ be true..." - Shakespeare
42. Montreal airport code
43. Taking care of things: 2 wds.
45. Daredevil
46. "You __!" (That's right!)
48. Lasso
49. Tbsp., et al.
50. Ballet world's Karen
51. "My Friend __" ('50s sitcom)
53. Acrobat's feat
55. Opera song
56. Stick sort
58. Mr. Cobb's
59. 'Profit' suffix

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

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